

## Defferrals

Deferrals are Food and Drug Administration imposed restrictions on who may donate blood products. Being deferred does not mean you are sick or carry any disease, but it is a measure put in place to assure the absolute safety of the blood supply. The Robertson Blood Center has one of the best safety records in the United States and the world. While deferrals may make it difficult to find enough donors, you can be assured that any product you or your family receives from the Army Blood Program is of the highest quality possible.

## Common deferrals include

- ▶an Indefinite hold on soldiers and their families who spent more than six months in Europe from 1980—1996
- ▶a one-year wait after receiving tattoos or returning from Iraq or Afghanistan
- ▶Two-year wait after returning from Korea (if north of Seoul).
- ▶Vaccinations, including the anthrax vaccine do not interfere with blood donation, but others require a two or four week wait before donating. There is a 21 day wait for donation after receiving the smallpox vaccine.
- ▶Other restrictions apply, but are updated as new tests are put in place.

## Command Responsibility

Did you know that it is a regulatory requirement for the command to provide an adequate number of donors to support the Army Blood Program mission? Specifically, AR 40-3, Chapter 5 says: g. Unit commanders will— (1) Develop and maintain a program of donor motivation and education. The award of time off for “exceptional performance of duty” to military personnel who donate blood is encouraged. Additionally, all DOD health care beneficiaries should be encouraged to donate. (See paragraph 5-3d(5).)And: i. Installation commanders of other MACOMs must establish an installation blood program and provide blood donors to MTFs conducting blood donor center operations. Blood donor resources will be made available to blood donor centers operating in support of installation, area, or regional missions. The primary purpose of this program is to insure a safe and available supply of blood and blood products for soldiers and their families, specifically in contingency operations. Blood collected at the Armed Services Blood Centers is for: 1) War & Contingency Operations 2) Military Hospitals 3) Soldiers, Retirees, & Families.

## What You Can Do

Identify your possible donors: many units have only a few soldiers left eligible to donate. It is important that you know who they are and encourage them to return to the donor center when they are eligible. Regulation allows the use of incentives. You can give time off as recommended in the regulation. While you may lose a few hours of work from these soldiers, you will be giving years of life back to another soldiers and their family.

Appoint a Unit Blood Coordinator on orders and forward those orders to the Robertson Blood Center. This way, the donor recruiter has a current point of contact to coordinate with and can help you manage donors within your unit.

Drop by the Robertson Blood Center, either to donate yourself or with your unit, your family just to see the world-class operation and ‘state-of-the-art’ facility.

GIVING BLOOD SAVES LIVES



Robertson Blood Center  
BLDG 2250  
761st Tank Battalion Ave.  
Fort Hood, TX

Open  
Monday- Friday  
7:30 a.m. - 3:30 p.m.  
or  
call for an appointment  
(254) 285-5808  
Fax: 254-288-6405  
E-mail:  
perry.jefferies@amedd.army.mil




Designed & Created by  
Darnall Army Community Hospital  
Public Affairs Office 2005  
FH MDA HO 739

# Robertson Blood Center



# Life Force



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## Robertson Blood Center

*Your friends, family, and comrades-in-arms are important to you. That is why it is important to donate blood to the Army Blood Program and encourage others to do so. Blood donation is a short process, normally taking only about an hour, but it can make a life-saving or changing difference to a fallen comrade or a family member in a military hospital.*

**At the Robertson Blood Center, we collect, test, and process blood for three reasons:**

- Contingency Operations and War
- Military Hospitals
- Soldiers, Retirees, & Families

When there is not enough blood product for our Soldiers' needs, blood products must be purchased from civilian agencies or taken from Soldiers in-theater under combat conditions. By donating blood at an Army Blood Center, you know that your sacrifice will help other members of the Armed Forces and their families. That truly makes you a hero!

### The Army Blood Program

The Army Blood Program is part of the Armed Service Blood Program. This program is charged by regulation with providing a safe and ready supply from the Armed Forces and their families. Be sure to tell your family that they can donate at any one of the twenty-five Armed Forces Blood Centers in the U.S. A list of the centers and their telephone numbers can be found online at [www.militaryblood.dod.mil](http://www.militaryblood.dod.mil)

### Platelet Donation

#### The difference between whole blood and apheresis donations

When you donate whole blood, the unit is separated into three main components: red blood cells, plasma and platelets. Surprisingly, it takes the combined efforts of six whole blood donors to produce a typical dose of transfusable platelets. *Automated blood donations, called apheresis, are the most efficient because you can give full, transfusable units of platelets in one donation.* In other words, we can collect larger volumes of platelets from single donors. Many donors can actually provide two units of transfusable platelets in a single donation.

### Benefits of apheresis donations

The patients benefit the most because they are receiving your life-saving platelets. Plus, apheresis donations ensure the components come from fewer donors, thus decreasing the likelihood of transfusion reactions that can occur from multiple donor products.

Families and friends of patients benefit, knowing they will share another day with their loved ones. You help the military community reduce health care costs through more efficient collection of blood products.

### The apheresis donation process

During the donation process, your blood is drawn from one arm and channeled through a sterile, single-use tube set to an automated system. This system separates and collects the platelets and then safely returns the remaining blood components back to you.

### A safe procedure

Donor Safety is our top priority. Apheresis collections are very safe. Like whole blood collection, the process uses a sterile, single-use needle and tubing set. The apheresis system is also designed specifically to ensure that you do not give too much.

### Am I eligible?

You may donate if you meet the basic eligibility requirements:

- are at least 18 years old.
- weigh at least 110 pounds.
- are in good health on the day of donation.
- have no history of exposure to hepatitis or AIDS.
- have not donated blood for at least 56 days or
- have not donated platelets for at least two weeks.

### What can I do to prepare?

- Get a good night's sleep
- No aspirin products with in the last 72 hours for platelet apherisis
- Have a good meal
- Drink plenty of fluids
- No strenuous activity that day.
- Bring a list of medications you have recently taken
- Bring a list of countries with dates you have traveled to or lived in
- Bring a list of immunizations you have had within the last 4 weeks

### Your Donation Can Help:

An Organ Transplant Recipient needs:  
40 units of red blood cells  
30 units of platelets  
25 units of plasma

A Marrow Transplant Recipient needs:  
20 units of red blood cells  
120 units of platelets

A Cancer Patient needs:  
8 units of platelets per week

A Heart Surgery Patient needs:  
6 units of red blood cells  
6 units of platelets

A Premature Infant needs:  
4 units of platelets

### Remember!

Soldiers have a job to do but we can all help. Remember to return to donate blood after the 56th day (about 8 weeks). It is up to all of us to give them what they need to fight and survive.

**Now that's supporting our troops!**

